

Eating Through Meal Patterns

Child and Adult Care Food Program Whole Grain-Rich Foods

Starting October 1, 2017 at least one serving of grains per day must be whole grain-rich for child care homes and centers participating in the Child and Adult Care Food Program (CACFP). Fewer than 5% of children and adults in the U.S. eat the recommended servings of whole grains. This new guideline will help more children get the nutritious foods they need to grow, thrive, and live healthier lives.

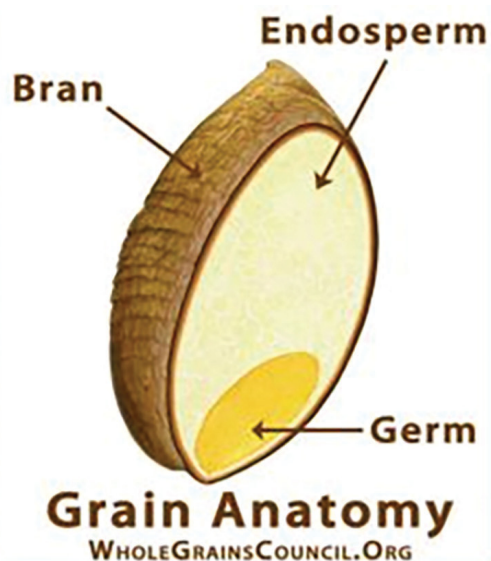


WHAT DOES IT MEAN TO BE WHOLE GRAIN-RICH?

Whole grain-rich foods contain at least 50 percent whole grains by weight. If there are other grains in the food that are not whole grain, they must be enriched.

WHAT ARE WHOLE GRAINS?

Whole grains contain all three grain components (bran, endosperm, and germ) in the same proportions as they are found in nature. Whole grains contain valuable nutrients and play an important role in supporting good health.



✔ **Bran** is the fibrous covering that surrounds the germ and the endosperm. It has many important nutrients including B vitamins and fiber.

✔ **Germ** is the embryo of the grain, which means it has the potential to sprout and grow into a plant. It has B vitamins, healthy fats, minerals, and small amounts of protein.

✔ **Endosperm** is the largest component of a grain. It is starchy and provides food for the germ. It is mainly made up of carbohydrates and proteins. It has only small amounts of vitamins and minerals.



The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

ONE BITE AT A TIME

WHICH FOODS ARE WHOLE GRAIN-RICH?

Use the following checklist to determine if a grain is whole grain-rich.
Whole grain-rich grains must meet at least one of the following criteria.

① BREADS, GRAINS, AND CEREALS

Breads, cereals, or grains are whole grain-rich if they meet at least one of the following criteria:

- ✓ A whole grain is listed as the first ingredient on the ingredients list or the second after water;

OR

- ✓ The combined weight of other whole grain ingredients is at least 50% of the total grains with documentation such as a recipe or manufacturer statement.

OR

- ✓ If making homemade baked goods or grains, make sure at least half the grains are whole grains and all other grains are enriched.



② MIXED DISHES (such as lasagna, burritos)

Mixed dishes are whole grain-rich if they meet at least one of the following criteria:

- ✓ A whole grain is the first grain ingredient on the ingredients list;

OR

- ✓ The combined weight of other whole grain ingredients is at least 50% of the total grains with documentation such as a recipe or manufacturer statement.

③ (OPTIONAL) WHOLE GRAIN CLAIMS

Alternatively, the product is whole grain-rich if it has one of these health claims on its packaging (not required).

- ✓ "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

OR

- ✓ "Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease."



READING INGREDIENT LISTS

When looking for whole grain-rich grains, skip the confusing front-of-package labels and head straight to the ingredients list. Whole grains look like this on the ingredients list:

Whole Grain Names	Example
Whole [name of grain]	Whole wheat
Whole grain [name of grain]	Whole grain corn
[Name of grain] berries	Wheat berries
[Name of grain] groats	Oat groats
Other whole grain foods that do not use the word "whole"	Brown rice, brown rice flour, oats, oatmeal, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum



LABELS CAN BE DECEIVING

Do not rely on the following characteristics and labels to tell if a grain is whole grain-rich. They may not be whole grain-rich. Instead refer to the guidelines on page 2.

- | | | |
|----------------|------------------------|---------------------------|
| ❓ Multi-grain | ❓ Bran | ❓ Basic whole grain stamp |
| ❓ Stone ground | ❓ Germ | ❓ Made with whole grains |
| ❓ Enriched | ❓ Cracked wheat | ❓ Made with whole wheat |
| ❓ Unbleached | ❓ Wheat flour | ❓ Contains whole grains |
| ❓ Organic | ❓ Color of the product | ❓ Contains whole wheat |

WHOLE GRAIN-RICH SHOPPING LIST

It is possible to find whole grain-rich versions of almost any grain product in the grocery store. If you are not sure what types of whole grains exist, this list is a great place to start.

Most Common Products

- ✓ Brown or colored rice
- ✓ Muesli
- ✓ Oats and Oatmeal
- ✓ Whole grain barley
- ✓ Whole grain cereals
- ✓ Whole grain cornmeal
- ✓ Whole corn tortillas
- ✓ Whole grain crackers
- ✓ Whole wheat pasta
- ✓ Whole wheat or whole grain bread, pita, buns, and rolls
- ✓ Whole grain noodles
- ✓ Whole grain tortillas

Less Common Products

- ✓ Amaranth
- ✓ Buckwheat
- ✓ Bulgur (cracked wheat)
- ✓ Millet
- ✓ Quinoa
- ✓ Sorghum
- ✓ Triticale
- ✓ Whole rye
- ✓ Wild rice



WHOLE GRAIN TIPS & TRICKS

HOMEMADE WHOLE GRAINS

- ✓ **Replace half of the white flour in a recipe with whole wheat flour.** Then make sure other grains in the recipe are whole grain. This works well for recipes for grains such as muffins, quick breads, pancakes, and waffles.
- ✓ **Swap refined corn meal for whole corn meal.** Use whole corn meal in recipes for corn muffins or corn bread. Make sure other grains are whole grain.
- ✓ **Experiment with whole grain salads.** Whole grain salads are best with grains that have a little bit of texture such as barley, bulgur, quinoa, or wheat berries. Add flavorful vegetables, herbs, and spices.
- ✓ **Think outside the box.** Try new whole grain products and recipes! Have you ever tried ancient grains (such as amaranth, farro, millet, quinoa, spelt, and teff) buckwheat noodles, whole grain breakfast porridges, pilafs, or risotto? Why not?



INTRODUCING WHOLE GRAINS

- ✓ **Transition gradually.** Rather than introducing many whole grain-rich grains all at once, begin introducing them gradually so that children have time to get used to them.
- ✓ **Mix and match.** During the transition to whole grains, serve a mixture of refined and whole grain foods. This works well with foods like rice and pasta. Gradually increase the proportion of whole grains over time.
- ✓ **Plan a taste testing.** Try different types of whole grain foods to see what children like best. Taste test a variety of different whole grains or taste test different brands of the same type of product.
- ✓ **Learn with food.** Incorporate whole grains into games and activities. Read the story about The Little Red Hen, talk about making bread, and bake whole grain bread or another baked good with the children. Listen to the Whole Grain Train song and draw your favorite whole grains (see resources below).

WHAT DO I DO?

- ✓ **Accommodating children with gluten-free diets.** For children who require gluten-free diets, avoid wheat, rye, and barley. Buckwheat, corn, millet, oats, rice, quinoa, and wild rice are gluten-free, but make sure they have not been contaminated during growing or processing. Always check the package.
- ✓ **Serving whole grains to children who dislike the dark color.** Try products made from white whole wheat. The name may sound confusing, but white whole wheat is bred to be naturally light in color. Foods like whole grain breakfast cereals, oatmeal, and whole grain corn products are also great options.

RESOURCES

- ✓ **Nutrition and Wellness Tips for Young Children**— Build a healthy plate with whole grains.
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children
- ✓ **Whole Grains Council**—Learn about whole grains and take advantage of free recipes and resources.
wholegrainscouncil.org/
- ✓ **Whole Grain Search Tool**—Find whole grain foods with this handy tool. Always double check labels.
wholegrainscouncil.org/find-whole-grains/stamped-products
- ✓ **What's Cooking? USDA Mixing Bowl** — Try new recipes featuring whole grains.
whatscooking.fns.usda.gov/
- ✓ **Whole Grain Train Song & Coloring Worksheet**
Get children excited about whole grains!
wholegrainscouncil.org/resources/whole-grain-train-song





WHOLE GRAIN-RICH GRAINS

Frequently Asked Questions



1 If I only serve one meal or one snack in a day, does it need to include a whole grain-rich grain or bread?

If you serve only one meal in a day, it must include a whole grain-rich grain or bread to be reimbursable. If you serve only a snack (and no meals) in a day and it includes a grain or bread, it must be whole grain-rich. However you may serve a snack that does not include a grain or bread without being disallowed.

2 Do I need to indicate whole grain-rich items on my menus, and if so, how do I do this?

Yes, whole grain-rich items will need to be indicated on menus. If claiming with paper menus, write whole grain or whole grain-rich in front of the menu item or choose Master Menus with whole grain items. If claiming online, there will be an option to note that the food is whole grain-rich.

3 Can I use front-of-package labels such as the whole grain stamp to determine if a food is whole grain-rich?

No. While front-of-package labels may be helpful, the food still needs to be whole grain-rich according to USDA definitions. See page #2 of this handout.

4 Do products have to be 100% whole grain to be defined as whole grain-rich?

No, but all grain products that are 100% whole grain meet the whole grain-rich requirement.

5 If I serve multiple meals and snacks in a day and forget to serve a whole grain-rich food, which meal or snack will be disallowed?

The meal or snack with the lowest reimbursement rate will be disallowed. For example, if you serve breakfast, lunch, and snack without a whole grain-rich food, the snack would be disallowed.

6 Can centers and homes decide which meal includes a whole grain-rich grain?

Yes, it is up to the center or home to decide which meal or snack includes a whole grain-rich grain.

7 If a child is absent when a whole grain-rich grain is served, do I need to serve another one?

No, the whole grain-rich requirement states that a whole grain-rich grain should be claimed at least once per day across the meals and snacks served. It does not require that providers serve a whole grain-rich grain to a child who is absent for the meal or snack that includes a whole grain-rich grain.

8 Can I serve whole grain-rich grains more than once per day?

Yes, of course! The minimum CACFP requirement is serving whole grain-rich grains once per day, but CACFP best practices recommend serving them twice a day or more.

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